

Public Health Statement for Medical Absence

The following daycare attendee, student or employee should remain in home isolation until MCDPH isolation guidance criteria have been met. The ill individual should **not** be required to show a negative COVID-19 test or healthcare provider's note to return to work/school/daycare.

Name of Daycare Attendee/Student/Employee

Date of Symptom Onset

Maricopa County Department of Public Health recommends that **all employees/students/daycare attendees who have symptoms consistent with COVID-19* stay home and not return to work/school/daycare until they have met the MCDPH [Home Isolation Guidance](https://www.maricopa.gov/HomelsolationGuide) criteria** (see flow chart on back or visit <https://www.maricopa.gov/HomelsolationGuide>).

This recommendation applies **regardless of whether the individual has been tested for COVID-19 or not** and is advised to reduce overall risk of transmission of COVID-like illness before returning to work. Employees should notify their supervisor and stay home if they are sick.

It is **not recommended** that a sick individual be required to show a healthcare provider's note or test result to confirm their illness to stay home, or to document their recovery before returning to work/school/daycare.

*Symptoms consistent with COVID-19 include:

- Fever
- Chills
- Cough
- Fatigue
- Difficulty breathing or shortness of breath
- Sore throat
- Muscle/body aches
- Headache
- New loss of taste/smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Check the CDC website for the [latest list of symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms/testing.html) associated with COVID-19. **Symptoms caused by chronic medical conditions like allergies or controlled asthma do not require exclusion from work/school/daycare.**

COVID-19 Home Isolation Guidance - Flow Chart

Revised - 25 August 2020



START HERE

SYMPTOMS

Have you experienced any symptoms consistent with COVID-19?†

YES,
I have/had symptoms.

†Symptoms of COVID-19 may include:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches, headache
- Fatigue
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Symptoms can range from mild to severe illness and appear 2 to 14 days after exposure.

NO,
I have not had symptoms.

PCR or Antigen Test for COVID-19

Did you get a nose-swab or saliva test for COVID-19 and is your result available?

PCR or Antigen Test for COVID-19

Did you get a nose-swab or saliva test for COVID-19 and is your result available?

NO, including:

I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

If you are waiting for your test result, *begin* by following the **POSITIVE** guideline, *then* re-evaluate when you know your result.

If you haven't had a nose-swab or saliva test, *begin* by following the **POSITIVE** guideline, *then* re-evaluate if/when you get tested and know your result.

RETESTED?

If you completed isolation and later retested **POSITIVE** within 3 months of the onset of your symptoms (or date of your first positive test if you didn't have symptoms), additional isolation is **not** usually recommended.

YES,
I've been tested and I have my test result.

POSITIVE

Isolate until it has been at least: **10 days** since your symptoms appeared, **AND 24 hours** since your last fever *without* the use of fever-reducing medication, **AND** your other symptoms have improved.

NEGATIVE

Isolate until it has been at least **24 hours** since your last fever *without* the use of fever-reducing medication, **AND** your other symptoms have improved.

SPECIAL EXCEPTIONS:

***Serious Illness or **Severe Immunocompromise**
If you were admitted to an ICU* due to your COVID illness or you are severely immunocompromised** you should isolate until it's been at least: **20 days** since your symptoms appeared, **AND 24 hours** since your last fever *without* the use of fever-reducing medication, **AND** your other symptoms have improved.

YES,
I've been tested and I have my test result.

POSITIVE

Isolate for **10 days** from when you were tested.
If you develop any symptoms† during your isolation, follow the guidance for people with symptoms instead.

SPECIAL EXCEPTION:

****Severe Immunocompromise**
Isolate for **20 days** from when you were tested.
If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

NEGATIVE

No isolation needed.
Reduce your risk of future exposure to COVID-19 by following everyday precautions.
See recommendations at: [Maricopa.Gov/COVID19](https://www.maricopa.gov/COVID19)

SPECIAL EXCEPTION:

Known Exposure to a Person with COVID-19
If you were exposed to someone with COVID-19 (within 6 feet for at least 10 minutes), follow the **QUARANTINE** guidelines instead of these *isolation* guidelines.
See the **QUARANTINE** guidelines at: [Maricopa.Gov/COVIDQuarantine](https://www.maricopa.gov/COVIDQuarantine)

NO, including:

I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

If you are waiting for your test result, *begin* by following the **NEGATIVE** guideline, *then* re-evaluate when you know your result.

If you don't have symptoms, testing isn't recommended unless you have been exposed to someone with COVID-19 but is available if desired. Follow **NEGATIVE** guideline, *then* re-evaluate if tested.

* **Serious illness** – e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html

****Severe immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.